

The Super Crew's Crunchy Christmas Tree

Make your own crunchy Christmas tree with only a few ingredients that give you healthy body powers!



"Green foods help keep my body healthy during the holidays!"
- Jessie

"I added red tomatoes because they're good for my heart."
- Tom Tom

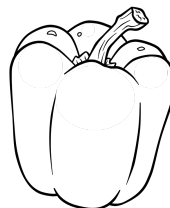


"When I come in from the cold I love roasted crunchy nuts like pecans, almonds or walnuts!"
- Kira



Ingredients:

- 1 medium cucumber
- 8 cherry tomatoes
- 1 small yellow bell pepper
- 7 almonds, pecans or walnuts



Instructions:

1. Slice cucumber in half, then into 10 evenly cut rectangles.
2. Slice a bell pepper in half and lie it flat to cut into the shape of a star.
3. Place the bell pepper star at the top of the highest branches.
4. Put 4 of the tomatoes in a straight line down the center for the tree trunk and a few at the branches' ends as Christmas lights.
5. Place your nuts at the base under the bottom tomato.
6. Enjoy eating this as a crunchy holiday snack or dinner appetizer!

Merry Christmas!



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